



ZONTA
 CLUB OF
 ADELAIDE HILLS INC
 MEMBER OF ZONTA INTERNATIONAL
 EMPOWERING WOMEN
 THROUGH SERVICE & ADVOCACY

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★ Chartered 8TH June 1987 ★ Zonta International, District 23, Area 2, Club No. 1180

Honour & Empower



ZAH News
October

Zonta International

- ★ **Mission** Zonta International is a leading global service organisation of professionals empowering women worldwide through service and advocacy.
- ★ **Vision** Zonta International envisions a world in which women's rights are recognised as human rights and every woman is able to achieve her full potential. In such a world, women have access to all resources and are represented in decision making positions on an equal basis with men. In such a world, no woman lives in fear of violence.
- ★ **Theme** Empowering Women through Service and Advocacy.

Save the date:

2019		
October	Wed 23 rd	ZCAH Dinner meeting – to be held at Atelier Café, Crafrers.
	Sat 26 th	Days for Girls sewing day. See details in this issue.
	Sun 27 th	2019 Premier's Awards Luncheon, Glenelg Golf Club, James Melrose Road, Novar Gardens. 11.30 am.
	Mon 28 th	Expect Respect launch, Mount Barker Town Hall.
November	5 th to 8 th	Christmas Tree Festival, Blackwood Community Centre.
	Sat 9 th	Zonta International Centenary Celebration Dinner, Hotel Grand Chancellor, Hindley Street, Adelaide.
	Sun 10 th	Rotary Fair. at Karinya Park, Eden Hills from 9-3. We will be having a trading table/bric-a-brac stall, so start cooking and sewing.
	Fri 22 nd	Adelaide White Ribbon Breakfast, Adelaide Convention Centre. See details this issue and contact Amanda Waldoock if you wish to attend.
	Wed 27 th	Our Christmas Dinner Meeting, Artisan Café, Blackwood.
Dec	Fri 6 th	Blackwood Christmas Pageant.
2020		
January	Sat 11 th	Movie fundraiser, Little Women.
	Sun 19 th	Amelia Earhart cocktails & fellowship by the pool, Sharon Geue's home, 2 to 5 pm.
	Sat 25 th	Bunnings Edwardstown Sausage Sizzle, 7 am to 5 pm.
July	4 th to 8 th	Zonta International Convention, Chicago, USA

Next Dinner Meeting:

Wed 23th October 2019
Atelier Café, 1 Cox Place, Crafrers.

Roster:

Objects: Sherry Proferes

REMEMBER: If unable to attend the meeting please contact Doone Winnall by the Sunday night before the meeting on 0422024240.

A thought for the day:

Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women. Maya Angelou.

Birthdays:

Janet S – Oct 26th
 Di – Nov 8th
 Irene – Nov 13th
 Coraïne – Nov 16th



Reminder: The meeting will be held once again at Atelier Café, Crafrers.

From the President

This month has been a bit like running ahead of a tornado!! All of those things we have been looking forward to and thinking we still have plenty of time to get sorted... Well it's all here NOW!

There is no reason to be bored over Spring in Adelaide with the Moon Lantern Parade, The Spring Fest, The Vegan Fest, Cheese Fest.... More fests than you can put into your diary. And the shows and music!! I wish I had 7 clones to experience just some of this. But most importantly there is our Zonta calendar filled with things for everyone.

We hosted the A2 Advocacy meeting yesterday (October 19) to a very responsive collection of mostly Zontians. The guest speaker Gemma Burdon was given a surprise extension of time to her presentation of the Don Dunstan Foundations Project Zero (to homelessness in Adelaide) as our other two presenters sadly had to withdraw at the last minute. This was certainly a challenge to our team, but I was so proud of how the members of Adelaide Hills got it done. In the end we had a good look at what the Don Dunstan Foundation does and those present had the luxury of investigating in detail the mechanics of how people are recorded and what the issues or barriers are to them achieving a stable home. On behalf of us all I would like to thank Di Bartel for the many hours of chasing speakers, and getting the program done and Pam Mayer for sorting and producing the afternoon tea. Thank you also to Joy who brought a back up microphone and amp. It was definitely needed!

There is a **Days for Girls Sewing Day** on Saturday October 26th. Big tip... you don't have to be a sewer to help. It is such a good sustainable project and many members support this one. It is also a good event to invite those "friends of ZCAH" to. It's hands on and on a Saturday. You can pop in just for a short time or stay longer. See the information in this issue and get it out to those who you know care about girls getting a fair go at life.

On Sunday October 27th Lynda, Joy and Ted will attend the **Premiers Awards**. It is always a lovely afternoon shared with a wide range of volunteer groups. Sadly I will not be

able to attend this year because I'll be in Mount Barker setting for.....

the **Expect Respect Community event**. It all happens on Monday October 28th. ... NEXT WEEK. There is a poster in this issue of ZAH News. The two speakers this year are Ali Clarke of ABC Breakfast Radio and Derrick McMannus. With these two great personalities up front it should be a great morning. If you never get to another ER event, try to get to this one! This year it will be held at the **Mount Barker TOWN HALL corner of Gawler and Stephen Streets at 10am**. We will be there from 8.30am for set up, so come and join us early if you wish to be part of that.



One of my favorite Expect Respect posters from a purely artistic expression point of view. *Mount Barker South Primary student*

Sharon is leading the group who will enter the **GREAT BLACKWOOD CHRISTMAS TREE FESTIVAL**. – on November 5th – Our first time in this local event so that will be a lot of fun. If you love Christmas and sparkly things this one is for **YOU**.



Example of trees from last year's Christmas tree festival.

So that being done we look forward to the **Centennial Gala Dinner on November 9th**. A group of us are working on a script to celebrate Zonta in an entertaining way. Thank you to all who I have asked to help with this. It is a much bigger and more complex process than I certainly thought it would be. Joy is doing a fabulous job writing and rewriting the material and I'm very confident that it will add both fun and information to the evening. Just a gentle reminder that ticket sales finish this week - yes, the RSVP is also the cut off to buy your ticket. So, if you are like me - a last minute planner get online to book this week.



The Orange Ladies are coming

I invite all members to get on board with our work to finish the year with a bang.

Bev Hocking President ★

After that we will be finishing the "Orange Ladies" and getting them ready for their big days out at the **Rotary Fair and the Blackwood Christmas Pageant**.



Above: Gemma Burdon from Don Dunstan Foundation addresses the A2 Advocacy meeting
Right the A2 Advocacy meeting at Hopes Café



Announcement from the Combined Districts Conference

The District 23 Centenary Award has been awarded to Natasha Stott-Despoja

and

The National Centenary Award has been awarded to Julia Gillard.

The Zonta Club of Adelaide Hills congratulates both women.

Both wonderful recipients and both from South Australia



2019 Premier's Awards Luncheon

Posted on September 22, 2019 by Graham



As part of the celebrations for **Service Clubs Week**, the Service Clubs Association of SA invites your club members and guests to attend the 2019 Premier's Awards Luncheon.

The event will be held at the Glenelg Golf Club James Melrose Road, Novar Gardens Sunday 27th October, 11:30 for a 12 noon start.

For your convenience you can use your visa card and book your reservations by selecting the number of people (in a single booking)

Cost is \$45 per person and you can directly book on-line with the following link, **Why not book a table of 8 or 10!**

<https://e.mybookingmanager.com/2019PremiersAwardsPresentation>

We consider this a prestige event so encourage you to dress appropriately & please wear your Regalia/medals.

At the October Dinner Meeting we will be entertained by our esteemed members Sherry Proferes & Susie Clark who will share with us their adventures as they sang their way through China with Harmony.



Our next Dinner Meeting is the International Meeting so feel free to come wearing, bringing or otherwise exhibiting an international theme



ZONTA SAYS NO

JOIN THE CAMPAIGN TO END VIOLENCE AGAINST WOMEN 

EXPECT RESPECT

COMMUNITY EVENT

Monday 28th October at 10am

Mt Barker Town Hall, corner of Gawler Street and Stephen Street, Mt Barker

ALL WELCOME

Join us and the year 4 and 5 students of Mt Barker South Primary school and St Francis de Sales College as we celebrate the exhibition of their art posters.

Guest Speakers:



Ali Clarke, journalist and ABC Breakfast Radio presenter is a master at engaging young people and discovering their own interpretation of the world.



Derrick Mc Manus retired Police Sergeant, is an inspirational speaker who teaches the values of respect and human resilience.

EXPECT RESPECT EXHIBITION

Expect Respect digital display running from 14th to 28th October at the Mount Barker Library.

Art exhibition October 28th Mt Barker Town Hall.

This event has been organised by the Zonta Club of Adelaide Hills.



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HOUSE OF GIFTED SPIRITUALITY
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TRAVELER SERVICE & ADVOCACY

The Expect Respect Project is supported by the Mount Barker District Council, the Anglican Mother's Union of Mt Barker, SA Police (Hills-Fleurieu Crime Prevention Section).



Zonta International is 100 years old this year!

*You are warmly invited to join with
Zontians in South Australia
as we celebrate this significant occasion at our*

Centennial Gala Dinner

Hotel Grand Chancellor Adelaide
65 Hindley Street, Adelaide
Saturday 9 November 2019 at 6.45pm

*Enjoy a celebratory drink on arrival and delicious three course dinner
as we Pay Tribute to 100 Years of Zonta Service and Advocacy*

Hosted by ABC's Jessica Harmsen

*Raffle, prizes and
dancing to the fabulous 50s, 60s and 70s music of
acclaimed Adelaide Fringe showband "Along Comes Mary"*

Tickets \$85

Dress to Impress!

RSVP by Friday 25 October 2019
From www.trybooking.com/BEMRM
Individual tickets or tables of 10

Enquiries to zontacentenarysa@gmail.com



Honour & Empower

Adelaide White Ribbon Breakfast 2019

CLOSED



6:45am until 9:00am Friday 22nd November

ADELAIDE CONVENTION CENTRE, North Terrace, Adelaide

 In support of
White Ribbon

Sport is a critical channel for embedding respectful relationships, gender inclusion and the prevention of violence against women.

Millions of Australians play or are involved in sport at some time in their lives and, as a result, sport can be a powerful and influential vehicle for growing safer and more respectful communities.

The Adelaide White Ribbon Breakfast will this year bring together a diverse and interactive panel from across AFL, AFLW, NRL and Soccer to promote the positive role men can play in fostering respect and gender equality across our sporting cultures.

Come and join us to hear how young people can influence our future - it's in safe hands!

Tickets \$60.00

Concessions, name required on booking

Full Time Student \$40.00

Health Care Cardholders \$40.00

Tables seat 10 (some 12)

Please contact Amanda Waldock if you would like to attend.

*One of the best feelings in the world is knowing that your presence
and absence both mean something to someone.*



DAYS FOR GIRLS SEWING / PACKING DAY

Saturday 26th October 2019. Starting at 9.30 am until 3.00 pm

Stay all day or drop in for an hour or two – coffee and tea provided, BYO lunch.

Location: Blackwood Baptist Church Hall, 72 Coromandel Parade, Blackwood.

Bring with you: Your sewing machine/overlocker, scissors etc. If your machine has not been electrically tested in the last 12 months, we will have someone available between 9.30 am until 10.30 am to test it for you.

Pre-cut fabric and instructions will be supplied.

Cost: There is no cost to attend, however we can always use donations of new, good quality knickers in girls sizes 10-12, 12-14 or 14-16 (flowers, vivid designs or solid colours are best).

NO white writing, animals, cartoons or glam). Also, **new face washers** and **good quality, 100% cotton fabric and flannelette** are always appreciated but please check with the Days for Girls co-ordinators for further guidelines before purchasing fabric (all fabric will need to be washed prior to sewing).

Want to come along and help, but can't sew a stitch? There is plenty you can do – threading cord in bags, folding liners, making labels, packing bags, pressing, trimming and cutting fabric, etc.

Kits potential going to Uganda, Bali, Ghana & Kenya.

For more details please contact Susanne 0419 865 233 or Cheryl 0407 188 072.

BREAST CANCER TRAINING IN SRI LANKA

Posted on **September 17, 2019**

Breast Cancer training in Sri Lanka.

A collaborative project between Zonta Club of Colombo11 (District 25) and Zonta Club of Botany Bay (District 24) arranged a workshop to train nurses in specialist breast cancer detection and treatment.

With very little mammography available in Sri Lanka, the importance of early detection and recognition of breast cancer by self examination became vital.

Ann Selle OAM led the team of trainers to deliver the first workshop to the nurses from all 11 provinces of Sri Lanka. Post course evaluation strongly indicated that additional training is required. The first workshop was funded by members of Zonta Club of Botany Bay and friends. However the reality is that we now have to extend our fundraising base to ensure early detection of breast cancer for Sri Lankan women becomes a reality.

This project is one that can have an immediate and long term effect on the lives of many women and brings together our Clubs and Districts at an international level.

For more information watch this video, [Zonta Cares – Breast Cancer Training in Sri Lanka](#).

Bridging a gap in cultural attitude, awareness and education of medical staff has been most rewarding for all those involved.

Any individual Zontians or clubs who wish to donate

<https://www.givenow.com.au> – Zonta Cares

or Zonta Cares BSB 032-167 Account 354325

For more information contact

Ann Selle OAM-Zonta Club of Botany Bay

zontabotanybay@hotmail.com

Stop apologizing, start thanking



Zonta South Australian Clubs meeting nights

Adelaide 1st Wednesday	Adelaide Flinders 3rd Wednesday
Adelaide Hills 4th Wednesday	Adelaide Torrens 2nd Tuesday
Para District 1st Tuesday	Fleurieu Peninsula 4th Tuesday
Gawler 2nd Wednesday	Noarlunga S. Vales 4th Wednesday
Mt Barker 3rd Tuesday	Port Lincoln 4th Tuesday
Riverland 1st Tuesday	Lower Eyre 3rd Tuesday

Our club meets on the fourth Wednesday of the month
6:30pm for 7:00pm start at
Belair Hotel 141 Main Road Blackwood South Australia

Zonta Club of Adelaide Hills Leadership Team 2018 – 2019

President: Bev Hocking
Vice President: Amanda Waldoek
Secretary: Pam Mayer
Treasurer: Margaret Granger
Directors: Lynda A'Beir (Past President)
Jill Heylen: (Service Convenor)
Sharon Geue: (Fundraising Facilitator)
Di Bartel: (Advocacy Convenor)

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